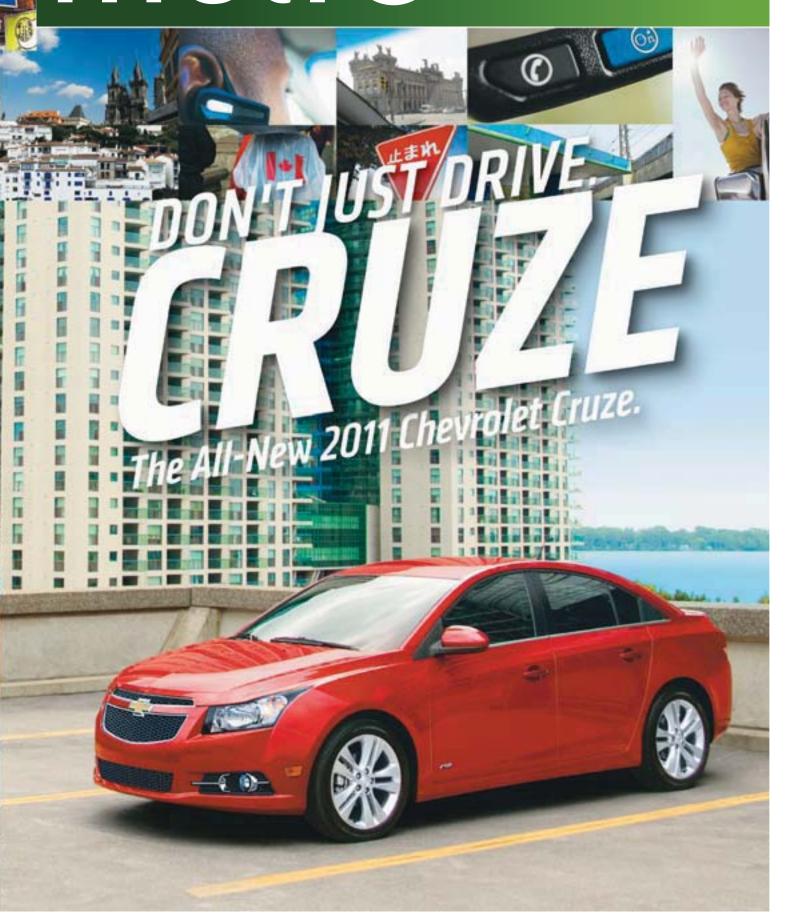
CALGARY ET E

Monday, October 25, 2010 www.metronews.ca



News worth sharing.





*Based on latest published competitive information available at time of printing. Excludes other GM models. ††Manufacturer's Suggested Retail Price for base model. Freight, licence, insurance, registration, fees associated with filing at moveable property registry/PPSA administration fees, duties and taxes not included. Dealers are free to set individual prices. See dealer for details.



DROP DEAD GORGEOUS ACTRESS ELLIOTT

BREAKS MOULD {page 16}

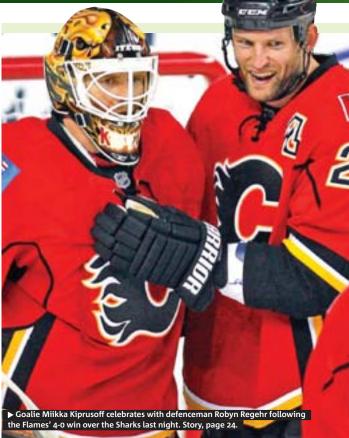


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News worth sharing



Flames shut out toothless Sharks

Debate on blood alcohol limit

Would tougher drunk-driving laws flood the system? {page 8}

Real estate goes à la carte

Competition Bureau: New deal is good for consumers (page 9)

Condition critical

• Health care reform expected to top agenda as Alberta legislature begins fall session today

Sweeping revisions expected to Alberta Health Act

Alberta's opposition politicians say it's time to give up on Premier Ed Stelmach's government ever solving health-care problems, adding they plan to use the fall legislature session to put forward solutions of their own.

"It's clearly a government that's out of ideas, that's tired, and doesn't connect very well with the public," said NDP Leader Brian Mason. "We're going to be bringing forward some specific proposals with respect to where the province ought to go with health care."

A sweeping government revision of the Alberta Health Act is expected to be the centrepiece legislation when politicians return today for the five-week fall sitting.

The bill, to be introduced by Conservative Health Minister Gene Zwozdesky, will enshrine in legislation a set of governing principles and grievance procedures, but won't address specific front-line concerns.
Zwozdesky said last week the

government is taking action. He announced it will add another 200 beds to the system and roll out a new strategy to solve emergency wait times.

Government House Leader Dave Hancock said the new Health Act is essential because everyone needs to be on the same road map if they are to successfully implement lasting changes.

That's really the critical piece of legis-

System under duress

Albertans are dealing with staff shortages, long wait times for surgery and overcrowded emergency wards, a problem highlighted last week by the release of a letter by Dr. Paul Parks, the president of emergency medicine for the Alberta Medical Association.

In the letter Parks said severe overcrowding in emergency wards was threatening to cause the system to collapse. Parks said a shortage of long-term care beds was causing the system to back up, with patients who should be in long-term care beds jamming up the acute-care beds, leading in turn to overcrowding in the emergency wards.

lation," said Hancock, noting the changes follow a year of provincewide deliberations with citizens and health spe-

During the session the government also expects to pass a bill that will impose fines on drivers if they're caught reading, texting, using electronic devices and not paying attention behind the wheel.

There will also be a bill to establish the framework for the province's carbon capture and storage projects.

THE CANADIAN PRESS





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Police seek witnesses to assault in northwest

Police are still looking for witnesses to help piece together the events that lead to a 34-year-old man in hospital in critical condition

The man was assaulted in the early hour Saturday and was found unresponsive in the 6300 block of Bowness Road NW.

The man is currently still in critical but stable condition.

At this point, police have no leads on a motive and no suspect in custody.

Anyone with any information is encouraged to contact police or Crime Stoppers. • METRO CALGARY



Nenshi, council to be sworn in

Calgary's new mayor and council will be sworn in today, marking the 100th city council.

Mayor-elect Naheed Nenshi will take the oath of office before he then administers the oath of office to the aldermen-elect.

The ceremony begins at 7 p.m. in the City of Calgary Atrium and will take approximately 30 minutes. • METRO CALGARY



Tweeting up post-election

Calgary Twitter users met in person for 'tweetup' ► Many engaged in discussion of recent election ► Next meetup in six weeks: Organizers



Putting a face to the @name, many Calgary tweeters met up yesterday to discuss the impact of Twitter on the civic election.

For single mom Tracey Braun, Twitter was a way to stay engaged with the election, even if she couldn't attend forums and political events. "It allowed me to be much more engaged, much more involved and much more aware of what was going on, and I think that was sort of the key for a lot of people," said Braun.

"For me, getting to meet people in person like this is a great opportunity ... to take social media to a new level."

Fellow user Art Proctor said Twitter brought a whole new group to the political table

Proctor said before the election began to heat up, he noticed a small group of people on Twitter discussing city council, but their numbers grew quick-

"They've woken up the dragon and I don't think Calgary is ever going to be the same," he said.
"I think that (Twitter)

"I think that (Twitter) did a huge service for sake of democracy, for the sake of civic engagement."

Swing vote

- Tweetup attendee and Calgary Politics blogger Jeremy Zhao said it's likely the Twitter community changed the face of the election.
- "We had candidates that understood that the young people could be the swing vote and that turned out to be the case for our mayor," he said.





The names have changed, but U.S. politics remains an 'arena for angry minds.' Scan code for story.

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Warning labels soon on liquor bottles?

● Both Calgary MLA and MADD president like the idea as discouragement of drunk driving ● Motion wouldn't be presented until spring at earliest



Warning labels on liquor bottles could be another step in preventing drunk driving, according to a spokesperson for MADD.

In an attempt to prevent drunk driving, MLA for Calgary-East Moe Amery is considering putting forward a motion to have warning labels placed on liquor bottles.

Denise Dubyk, national president for MADD Canada, said any initiative to create safer roads is a good thing.

"It's a reminder that yes

there are consequences,"

she said.
"I think that anything that reminds people not to drink and drive is a positive thing."

Amery said the intent would not be to deter people from buying liquor just to remind them not to drive drunk.

"I'm not saying to people don't drink, what I'm saying is don't drink and drive," said Amery.

"We have warning signs on cigarette packages about health about sickness ... and I thought drinking causes similar problems," he said.

"How effective is that

Precedent

- Health warnings on cigarette packages are mandatory under Tobacco Products Information Regulations.
- The warning labels on packages were adopted in 2000 under the Tobacco Act.

going to be? I'm not sure. I haven't seen any statistics as to the effectiveness of the labelling on the cigarette packages," said Amery. "I've seen some very ugly pictures on those packages of cigarettes but I

still see people smoking."
For Calgarian Trista Orpen, the possibility of warning labels wouldn't make much of an impact.

"I guess more people are going to be conscious of it if there are labels on there but people still smoke even if there's warning labels on cigarettes," she said, adding it likely wouldn't deter people from buying alcohol.

Amery said the motion won't be presented until the spring session at the earliest.

"If that motion would help to save one life the mission has been accomplished."

Man killed in truck rollover

A 19-year-old male driver of a pickup truck died after being ejected from a vehicle 35 kilometres west of Drumheller Saturday afternoon, according to RCMP.

Witnesses say the truck was travelling at a high rate of speed in the construction zone along Highway 9 when it went off the road and flipped several times, finally coming to rest on its

The driver was transported to Foothills Hospital in Calgary by STARS air ambulance, but pronounced dead on arrival, RCMP said.

RCMP also said they do not believe the driver was wearing a seatbelt.

The investigation is continuing and the name of the deceased has not been released.

METRO CALGARY

Bachelor auction a hit

The women of Calgary opened their wallets Saturday night to help out a good cause, and to score dates with a few famous bachelors.

The Ultimate Bachelor Auction, held at the Calgary Women's Show, saw 12 local bachelors and four celebrity bachelors from the show The Bachelor Pad, sold off to the highest bidders to raise more than \$12,000 for the Calgary Military Family Resource Centre.

"It was amazing, it was our biggest feature," said Gillian Swann, spokes\$1,900

Price that bachelor Jesse Beck went for, the highest price of the night.

woman for the Calgary Women's Show.

Jesse Kovacs from the Bachelor Pad went for \$1,300, but said his date was more interested in the charity than in him. "It was not all about us," said Kovacs. All the winning bidders were treated to a dinner at Firewater.

Big fine for Syncrude

Syncrude Canada was handed the heaviest environmental penalty ever in Alberta on Friday.

The oilsands giant was hit with \$3 million in fines for the deaths of 1,600 ducks that landed in one of its tailings ponds in 2008. © METRO

Woman killed

Alcohol and speed are factors in a crash that claimed the life of a woman Saturday, according to RCMP. The crash happened at the intersection of Highway 11 and Highway 20 near Sylvan Lake, about 150 kilometres south of Edmonton.





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Fundraising is right up their alley at Boolathon

◆ This is the 8th year Calgary has participated in Boolathon ◆ More than 50 communities across the country took part in the event



CANDICE WARD CALGARY@METRONEWS.CA

Ghosts and goblins took over the Chinook Bowladrome yesterday in hopes of making the lives of some Albertan children a little less scary.

This year's BMO Boolathon in Calgary saw more than 100 people take part in the costumed fundraising event to raise money for Kids Help

"People love to go bowling and they get to bowl

1,000

The approximate number of kids who call or email the counselling service each week.

for a really good cause," said Kate Munoz, spokeswoman with Kids Help Phone.

The 24-hour counselling service helps children from the ages of five to 20 with issues ranging from mental health, bullying, and family and peer issues.

and family and peer issues.

People of all ages came
out to enjoy the day as
prizes were handed out for
the best and worst scores,
along with best costume.

"This is a good opportu-

"This is a good opportunity for us to shake off the banker's image and support a great cause," said Dave Sprague, an executive with BMO, who also sporting a modern caveman costume.

This year's event raised over \$20,000 in Calgary.

BODIES FOUND

Mounties looking into suspicious deaths

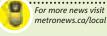
Wetaskiwin RCMP are investigating a pair of suspicious deaths after two bodies were found on a rural property east of Millet.

Police responded to a request to check on the general welfare of the

residents of a rural home around 9:40 a.m. yesterday. Officers surrounded the home two kilometres away from the small town southeast of Leduc and after gaining access to the property, found the two bodies.

RCMP are treating both deaths as suspicious and are withholding the names and details of the deceased until they've been positively identified.

METRO



Officials probing house fire

Investigators are looking into the cause of a fire, which started in the basement of a vacant house. Around 6:30 a.m. yesterday, the fire department responded to a call at 72 Saddlemont Rd. NE, where they found a home fully charged with smoke. Firefighters were able to subdue the fire. Damages have yet to be estimated.

METRO CALGARY

Khadr's lawyer denies deal in war crimes trial

○ Court appearance expected today, says his defence team ○ Civil- and legal-rights groups condemn process

A possible agreement by Guantanamo Bay's youngest inmate to plead guilty to war crimes hung in the balance yesterday with his Canadian lawyer emphatically denying a deal had been struck.

metr_®

With prosecution and defence set to huddle with the presiding judge, lawyer Dennis Edney did suggest Omar Khadr would have little choice but to admit guilt when his military commission trial resumes today.

"All I can tell you is there's trial (today) and there's no deal in place as of this particular moment," Edney said.

Khadr's lawyers have previously confirmed plea

War crimes trial

Now 24, Omar Khadr has been in U.S. custody since he was captured in Afghanistan at age 15.

- Pentagon Has charged him with five war crimes.
- Allegation Among other things, the U.S. accuses him of throwing a grenade that killed special forces Sgt. Chris Speer and blinded former sergeant Layne Morris.

talks were underway but refused to provide any details. However, according to numerous reports, a proposed deal would see Khadr plead guilty in exchange for serving another eight years in custody, most of them in Canada, on top of the eight he has already spent in prison.

U.S. Secretary of State Hillary Clinton spoke to Canadian Foreign Affairs Minister Laurence Cannon on Friday, apparently to press the government of Prime Minister Stephen Harper to agree to repatriate Khadr.

With Guantanamo's lone westerner facing a possible life sentence if convicted at trial, Edney suggested his client's best hope of eventually seeing freedom would be to plead guilty before a trial.

THE ASSOCIATED PRESS

Cholera closes in on Haiti camps

A spreading cholera outbreak in rural Haiti threatened to outpace aid groups as they stepped up efforts, hoping to keep the disease from reaching the camps of earthquake survivors in Port-au-Prince.

Health officials said Saturday at least 208 people had died and 2,674 others were infected in an outbreak mostly centred in the Artibonite region north of the capital. But the number of cases in towns near Port-au-Prince were rising, and officials worried the next target will be hundreds of thousands of Haitians left homeless by January's quake. "If the epidemic makes its way to Port-au-Prince, where children and families are living in unsanitary, overcrowded camps, the results could be disastrous," said Dr. Estrella Serrano, World Vision's emergency response health and nutrition manager.

> Red Cross spokesperson Julie Sell said teams would begin teaching people in refugee camps how to prevent cholera — starting today, Day 5, after the outbreak.



LIFE WITH ASTRONAUTS

CONFESSIONS OF A SPACE SPOUSE

Imagine being barred from giving your own mother one last hug before going into space.

That's what happened to Canadian astronaut Bob Thirsk in May 2009, just before blast-off into space aboard a Russian spacecraft.

The incident is just one of many emotional moments recounted in My Countdown, a new book written by Lena De Winne — wife of the European astronaut Frank De Winne, who flew with Thirsk.

Lena De Winne said she wrote her book to show the human side of space flight.

The scene even upset author De Winne, who was born and educated in Moscow and moved to the Netherlands in 1992.

"I find that despicable," Lena De Winne said in an interview, adding that she almost cried when Thirsk told her the story

told her the story.

The three astronauts were put in quarantine before their launch amid heightened concern of an H1N1 flu pandemic.

But De Winne called

But De Winne called the incident just one example of Russian officials' mentality.

They also considered it bad luck to have any wives near a rocket before their husbands blasted off into space.

THE CANADIAN PRESS



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Enough drunks on road to clog courts: Study

● National study reveals men most often involved in impaired driving incidents ● Numbers vary by region

Courts, police forces and jails could be over-whelmed if the federal government ever lowered the criminal drunk-driving threshold, says an internal study by the federal Justice Department.

Department.
Cutting blood-alcohol limits for Canadian drivers to the level established in many other countries would likely double the number of cases in a justice system already struggling with the current caseload, it warns.

The internal study by Andre Solecki, of the department's Research and Statistics Division, mined existing justice databases but also contacted eight po-

.08
The current drunk-

driving threshold is 80 mg of alcohol per 100 ml of blood. Provinces impose a lower threshold of .05 per cent, which allows police to seize licences and tow vehicles without charging the operator with criminal drunk driving.

lice forces — from Vancouver to Toronto — for raw data. The analysis of 2007 statistics showed a national rate of 241 impaired-driving incidents for every

100,000 people under the existing law, with about 80 per cent of the offenders male. The national data also showed an 80 per cent conviction rate, with about one in 10 sent to jail. Most of the rest were fined.

The numbers showed strikingly different regional variations in how many charges are laid. Among the study's main findings is that lowering the threshold would send an estimated 9,429 extra people to jail — and severely tax the justice system to put them there. A copy of the draft re-

A copy of the draft report was obtained by The Canadian Press under the Access to Information Act.

THE CANADIAN PRESS

SPECIAL REPORT BROUGHT TO YOU BY RBC

Children's Mental Health

Teenage Depression: Separating Myth from Reality ~ By Dr. Amy Cheung





A dolescence is a challenging time. Dealing with physical, emotional, and hormonal changes while trying to balance school, work, friends and family can be stressful for anyone.

Now take all these daily pressures and combine them with feelings of sadness, irritability, low energy and motivation, poor concentration, sleep disturbance (too much or too little), change in appetite and even thoughts of death.

Mental illness such as depression often goes unnoticed in teens, and is sometimes dismissed as typical teenage moodiness. The truth of the matter is that it is a condition that can have serious effects on the lives of those suffering from it. Here are some common myths about teenage degreession.

Myth #1: The majority of adolescents will go through at least one significant period of depression in their lifetime.

Reality: Depression does not affect the majority of teenagers. Only about 1 in 10 people will face an episode of clinical depression during their high school years. Myth #2: Depression will usually lift spontaneously in two to three months.

Reality: While depression can lift spontaneously, it often takes up to two years for this to happen. Teens who do not receive the appropriate treatment will suffer with the illness for an extended period of time, and evidence shows roughly 60 per cent of youth with depression will experience another episode of depression either as a teen or as an adult.

Myth #3: Getting adolescents to talk about their depression will worsen their condition.

Reality: Talking with a teen about their depression should be encouraged. It has been proven to be one of the most effective treatments for the condition and in most cases, is even as effective as medication.

Education and acceptance of teen

depression is critical. It is serious and should be treated like any other medical condition. Teens suffering from depression need a solid support network. Parents and mentors need to know that there are many resources available like social workers, family doctors, local hospitals, children's mental health centres, and support groups.

For more information, visit: www.rbc.com/ childrensmentalhealth



Relaxed rules for real estate

Old rules 'anti-competitive': Competition watchdog
 New rules legally binding and to remain for 10 years

Delegates from Canada's 101 local real estate boards yesterday in St. John's, N.L. ratified a deal worked out by the federal Competition Bureau and the real-estate industry.

It would allow consumers to choose what services they want from their agent when selling their homes, and to pay for only those services.

The deal was reached after months of negotiations between the competition watchdog and the Canadian Real Estate Association that

5%

Realtors currently operate on the principle that selling agents will split the standard five per cent commission with the buyer's agent

represents some 100,000 realtors.

Under the deal, CREA has agreed that its rules as well as those of its members should not deny or discriminate against realtors wishing to offer mere post-

ing services.

The Competition Bureau has been pressuring CREA to change rules it calls "anti-competitive" on behalf of realtors and consumers who want more flexible services.

But experts say the doors to lower-cost services won't be thrust open overnight because the industry is dominated by traditional agents who are reluctant to change their business mod-

THE CANADIAN PRESS



Big bets, small screens

Canadian retailers are placing big bets on small screens this fall, whether it's the iPad, the BlackBerry Torch smartphone or the Kobo e-reader. But they're also placing a bet on the new 3-D TVs, hoping to convert continuing demand for big-screen TVs into sales of this brand new technology.

'Impasse' in Voisey's Bay strike talks

Exploratory talks between the union and the company in the Voisey's Bay labour dispute have broken off without resolution, opening the way for a provincial inquiry into the dispute.

Bob Carter, a spokesman for the Vale mining firm, said that the company met with the United Steelworker's union and a mediator in St. John's on Friday.

However, Carter says that after talks that lasted until late at night the "discussions ended with no resolution to the impasse."

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G20 meet to talk currencies

The world's leading advanced and emerging countries vowed Saturday in Gyeongju, South Korea to avoid potentially debilitating currency devaluations, aiming to quell trade tensions that

quell trade tensions that could threaten the global recovery.

The Group of 20 also said it will pursue policies to reduce trade and current account imbalances that threaten the economic recovery, and agreed to give developing countries more say at the International Monetary Fund, part of what it described as an ambitious set of proposals to reform IMF governance.

The grouping, which accounts for about 85 per cent of the global economy, said in a statement that it will "move towards more market determined exchange rate systems" and "refrain from competitive devaluation of currencies."

The agreement comes amid fears that countries were on the verge of a so-called currency war in which they would devalue currencies to gain an export advantage over competitors — causing a rise in protectionism and damaging the global economy.

The agreement includes no specific numerical commitments but appeared to be a step forward from a similar meeting two weeks ago, in Washington, when finance officials failed to resolve differences.

Canadian Finance Minister Jim Flaherty praised the commitments on currencies.

THE ASSOCIATED PRESS

Latest growth figures to shed light on economy

Investors will have plenty to focus on this week as the third-quarter Canadian earnings season kicks into gear and the latest economic growth figures are released for Canada and the U.S.

Earnings news will be centred around the resource sector, including railways, although investors will also take in the latest quarterly reports from Rogers Communications Inc. tomorrow and Corus Entertainment on Wedverder

"We will have a far better sense of how things are at the end of next week because we just have so many companies reporting," said Norman Raschkowan, North American strategist at Mackenzie Financial Corp.

"I think it's going to

week as
Canadian
citcks into
test ecogures are
hada and
s will be

One to watch:

Saskatchewan, the target
of a \$38.6-billion US hostile-takeover bid from resource giant BHP Billiton,
releases its quarterly

Investors are looking for earnings of \$1.10 a share, up from 82 cents a year ago.

results on Thursday.

vary by industry but so far I have to say that the results that have been reported in the U.S. and the few reported so far in Canada have come out pretty well in terms of earnings exceeding estimates and not having as many revenue shortfalls as we had in the first and second quarters."

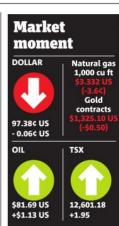
Among the heavy-weights reporting this week is Canadian National Railways tomorrow, and it's hoped CN, with a huge presence in the U.S., will release strong earnings, as its U.S. competitors CSX and Union Pacific did earlier this month.

"The improvement in the operating ratio that Union Pacific reported was just outstanding. Their operating expenses ratio dropped by about five percentage points," said Raschkowan.

"A lot of people will be looking at CN and CP to see what kind of numbers they can post but the expectation will be that the numbers will be good."

Canadian Pacific Railway reports results on Wednesday.

THE CANADIAN PRESS



Lending e-books

Amazon.com Inc. is going to allow the lending of e-books purchased from its Kindle Store. The online retailer announced the upcoming feature on its website Friday.

ASSOCIATED PRESS

LIKES AND DISLIKES? YOUR POSTAL CODE



After recently clearing off my long gestating DVR playlist, I made the important decision to get back on the proverbial dating horse. I figure if I try really hard, lower my standards and move quickly, I can secure something serious just before November sweeps.

deally, I'd like to confirm a change in Facebook relationship status before the holiday party season. But when you are on such a tight deadline, how should you date in Calgary (I mean actually date, not just hook up during Stampede)? Because let's face it, whether it's deciding to run for mayor or go-

ing home with a stranger, we usually don't make our best decisions during the first two weeks of July.

In a city where it doesn't seem to be inappropriate to ask how much your salary is on the first date, we all struggle finding someone sincere. And that's why I'm delving feet first into online dating. Not because I think everyone is wholesome and honest on the Internet, but because unless you want to, you never really have to meet

your online suitors — thus avoiding weirdos, creeps and Oscar Fech supporters. In Calgary, if you are lucky enough to meet someone who can hold a conversation and

doesn't appear to have Rick McIver's "The first date temper, it doesn't necessarily mean could be you should start fantastic, you booking your hon-eymoon. The first have a terrific conversation, you date could be fantastic, you have a go Dutch on the terrific conversabill, and decide tion, you go Dutch on the bill, and deto exchange cide to exchange numbers, only to numbers, only to find out they live find out they live in Somerset or in Somerset or Whitehorn. For a Whitehorn." downtown guy, that's like dating

someone in a different province. Which is exactly why I've implemented a four C-Train stop rule; any further than Chinook station and it just isn't going to work. For some people, smoking or cheating are the deal breakers; for me it's your postal code.

The other awkward thing about a first date is the actual date itself. No matter how many pre-drinks I have, I still find my-self pretending the line at Globefish is worth the wait. Worse yet is struggling to stay awake at a foreign language documentary at the Plaza or a walk around Eau Claire (like I've never seen it before). Of course, all this is better than being stuck in a car for the dreaded "hike in the mountains" date. Online dating allows you to avoid all of this, all while sitting comfortably in your pyja-

Just like me, what's not to

Cartoon



Some tasty findings



Worth mentioning

The ability to taste isn't limited to the mouth, and researchers say that discovery might one day lead to better treatments for diseases such as asthma.

It turns out that receptors for bitter tastes are also found in the smooth muscles of the lungs and airways. These muscles relax when they're exposed to bitter tastes, according to a report yesterday from researchers from the University of Maryland College of Medicine in Baltimore in the online edition of the journal Nature Medicine.

That surprised Dr. Stephen B. Liggett, a lung expert who noted that bitter tastes often are associat-



ed with poisonous plants, causing people to avoid them.

Liggett said he expected the bitter-taste receptors in the lungs to produce a "fight or flight" reaction, causing chest tightness and coughing so people would leave the toxic environment.

Instead, when scientists tested some non-toxic bit-

ter compounds on mice and on human airways in the laboratory, the airways relaxed and opened more widely. The compounds "all opened the airway more profoundly than any known drug that we have for treatment of asthma or chronic obstructive pulmonary disease," Liggett said.

THE ASSOCIATED PRESS

Would you dare to wear white after Labour Day? Email calgaryletters @metronews.ca Twitter @metrocalgary

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Metro Minute at horror film festival

If you're looking for something spooky to do in Calgary today, check out the Rocky Mountain Horror Film Festival.

The festival will be screening horror movies from all over the world and is looking for Calgarians to help judge the films.

The event is taking place from 3-9 p.m. at the

Cardel Theatre at 180 Park Quarry Blvd. SE.

The film festival is open to the pubic and free to attend, however, participants are asked to bring a non-perishable food item in support of the Calgary Interfaith Food Bank.

Some of the films may not be appropriate for all

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scene

Quaid saga keeps getting weirder

◆ Actor and wife claim for asylum in Canada, saying they fear being 'murdered' like Heath Ledger and David Carradine ◆ Vancouver residents have best seats in the house for odd arrest



News in brief



Matt Damon and his wife. Damon's spokeswoman Jennifer Allen says . Luciana Damon gave birth to Stella Zavala Damon on Wednesday in New York City. She is the couple's third daughter. She joins Gia, born in 2008, and Isabella, born in 2006. Luciana Damon also has a daughter, Alexa, from a previous marriage THE ASSOCIATED PRESS

An upscale Vancouver neighbourhood is still buzzing after the arrest of actor Randy Quaid and his wife Evi, who are wanted in the United States on outstanding warrants. Debbie Pfeifer, who

Debbie Pfeifer, who works in a lingerie store in the Kerrisdale area, said she peered out the window Thursday afternoon when she noticed a police car blocking the road next to a bank. Pfeifer said several plainclothes officers started milling about at around 3 p.m. as a tall, bearded Quaid spoke to a man she believes was his lawyer and Evi Quaid "popped in and out of a police car."

out of a police car.
Pfeifer and her co-worker didn't know the drama
unfolding before them and
several shopkeepers for two
hours involved a Hollywood
actor and his "smartly
dressed" wife, who wore a

black puffy jacket.

"A customer came into the store and said, 'That was Randy Quaid out there."

Pfeifer said she hadn't seen Quaid, a former Oscar nominee, in a movie for a long time and didn't recognize him.

"Apparently the rumour was he was in the (bank) making inquiries about getting a mortgage or something and of course they put the information in the computer and it pulls up that there's a warrant out for him from the States."

Officials with the Canada Border Services Agency and police spoke with the Quaids before their black car with California licence plates, possibly a BMW, was towed, Pfeifer said.

Quaid and his wife are wanted in the United States for allegedly breaking into a home they once owned and than failed to show up for a court hearing on felony vandalism charges. They are now seeking

refugee status in Canada.

Toronto immigration lawyer Lorne Waldman said the couple may end up living in Canada for at least six months, even if officials expedite a hearing after determining whether the couple is eligible to make refugee claims.

THE CANADIAN PRESS



Brand, Perry marry in India

Comedian Russell Brand and pop star Katy Perry were married Saturday in northwestern India, the couple confirmed in a statement.

A Christian minister and longtime friend of Perry's family performed a "private and spiritual ceremony," which was attended by family members and close friends, said the statement released by the couple's representatives.

"The backdrop was the inspirational and majestic countryside of Northern India," said the statement, which did not provide any further details on the cere-

mony.

The wedding was held at the Amane-Khas luxury resort in a tiger reserve in Ranthambhore National Park, a hotel official said on condition of anonymity as he was not authorized to speak to the media.

Security has been stringent with private security guards stationed at the resort and other nearby hotels where guests and the couple are staying for the six-day wedding celebration.

Photographers and media reporters were not allowed into the Aman-e-Khas wildlife re-

treat. The couple have given the exclusive coverage rights to a London magazine, and no other photographers or journalists will be allowed into the resort.

The wedding venue was lit with lamps, colourful lights illuminated the trees and flower garlands festooned the luxury tents at the resort, the hotel official said.

Both Brand and Perry wore traditional Indian clothes to the wedding, the hotel official said.

Perry donned a sari, as did a number of other female guests at the ceremony. THE ASSOCIATED PRESS



Critics take no Glee from shots

● Too racy? Steamy GQ panty shots of Glee stars have some, well, steaming

You're a couple of greatlooking, talented young actresses on the hottest show on TV. You're adults. So why NOT pose for some seriously saucy photos in GQ, a magazine for adult men?

Well, it gets a little thorny when the show is Glee, beloved by eight- and nine-year-olds, and when you're posing as a high-school girl in nothing but skimpy panties, spreading your legs sky-wide on a locker room bench. Or suggestively licking a lolly as you lean — in the same skimpy panties — on a high-school locker.

Did the stars of Glee go too far?

That's what critics and fans of the show have been debating as the photo spread in GQ's November issue, featuring Lea Michele (the ambitious Rachel) and Dianna Agron

clothed (in fact, he's practi-cally bun-ROBERT DOWNEY JR. dled arc up). "I just IN THEATRES NOVEMBER 5 YOUR OWN ROAD TRIP **COURTESY OF INCLUDING A RENTAL** enterprise **CAR* FOR 6 MONTHS** Secondary prizes include advance passes to the screening of **DUE DATE** Visit clubmetro.com and answer the question below for your

chance to WIN!
WHO IS THE DIRECTOR
OF DUE DATE?

the oncepregnant cheerleader), started circulating *Some restrictions may apply. To register and for full contest details visit clubmetro.com

there,

n't impressed at all," said a disapproving Emily Martin, a mother in Ontario and a self-professed "huge Glee fan."

was-

"I guess I just don't un-



➤ Dianna Agron, left, Cory Monteith, and Lea Michele, from the TV series Glee, are shown on the cover the November 2010 issue of GQ magazine.

derstand why they chose to even pose for these photos in the first place."

Her feelings were echoed by commentators as prominent as CBS anchor Katie Couric.

"I'm a Gleek," Couric

said in her online video Notebook, describing how she and her 14-year-old daughter enjoy watching the show. But she decried the photos, particularly Michele's.

THE CANADIAN PRESS

Celebrity sighting

this week. Oh yes, male co-

star Cory Monteith (the

quarterback Finn) is in

♦ Honey Brothers get extra buzz with Entourage star

It's not unusual at concerts nowadays to see fans spending more time taking pictures rather than actually watching and actively listening to the music.

But the ratio of cameras to concertgoers is probably exceptionally high at a Honey Brothers gig, where a fan snapping photos might snag a paparazziworthy shot of a veritable Hollywood star.

Maybe even sell it to TMZ.

Behind the drum kit for the New York-based indie band — which has been together, off and on, since 2001 — is Adrian Grenier,

Honey Brothers

What's next for the indie rock group

- Schedule Having an A-list star as a bandmate has a way of derailing a band's tour schedule, and it's been increasingly difficult for Grenier to make time for Honey Brothers.
- ➤ Their sound The band got its start as a ukulele trio in New York City and Grenier joined after convincing them they needed to add a bit more oomph



who plays Vincent Chase on TV's Entourage and recently released a documentary called Teenage Paparazzo.

"There's worse baggage in the world, I'll tell you that," Grenier said during a recent interview in Toronto when asked whether his celebrity status is a hindrance or credibility killer for the band.

"There's always a certain contingent of people who are holding their cellphones and trying to take a picture of Adrian," adds band member Ari Gold

(who yes, has been asked about a million times about the fact that he — coincidentally — has the same name as the Entourage character).

But the band as a whole doesn't let it bother them.

"Those people either wake up and listen to the music or they go home and put up a Facebook picture of Adrian and get excited (about that). But whatever, that's their choice."

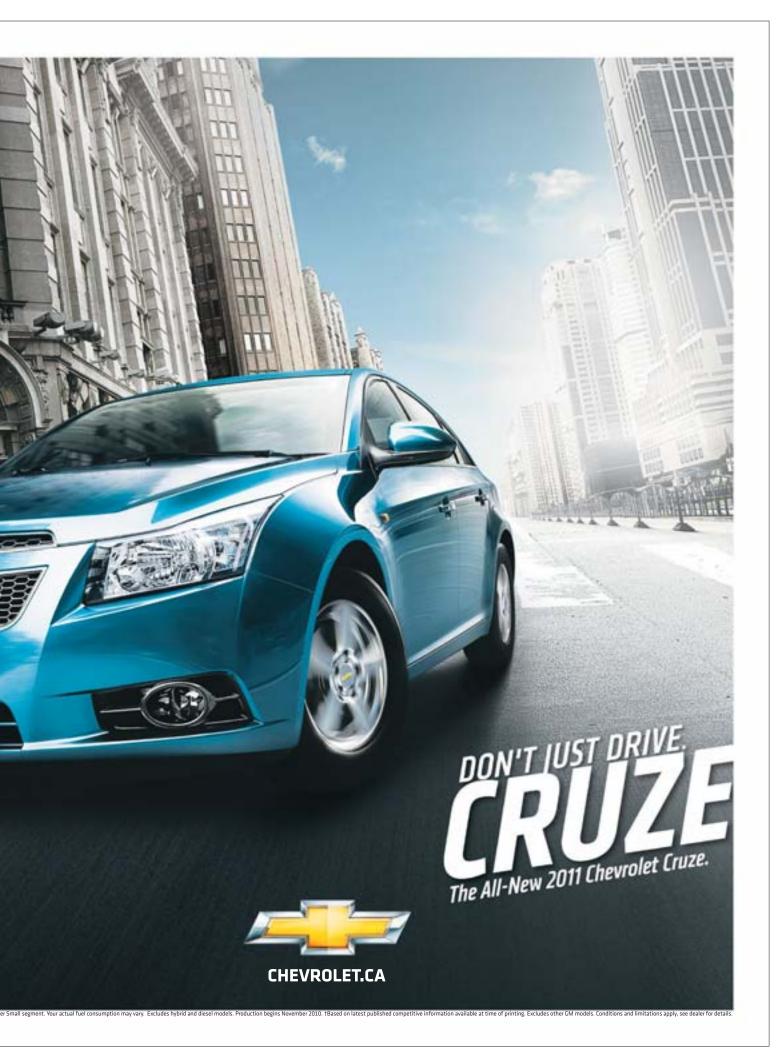
whatever, that's their choice."

"People who love the music, love the music."

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TV picks

Durham kicks off last season

DRAMA. Canadian drama Durham County kicks off its third and final season with an investigation into the murder of two young boys. Mike Sweeney has been promoted from detective to superintendent and begins looking into the case, which may involve a gang war over drugs. (HBO Canada)

Music reigns on late night

LATE NIGHT TV. It's a good night for musical performances on late night TV. Kings of Leon are guests on the Late Show with David Letterman to promote the new album Come Around Sundown. And Canadian K'naan is set to perform on Jimmy Kimmel Live. (CBS, ABC)

Drop Dead Diva actress connects with viewers

▶ Elliott portrays lawyer coming to grips with life in size 16 body
▶ Hit show renewed for a third season

Plenty of TV viewers have been captivated by Brooke Elliott's portrayal of a plussized lawyer on Drop Dead Diva, and the actress would like to see more normal-looking body types featured on other shows.

"Hopefully we'll get a little bit more realistic in what we're watching," she said during a recent interview in Madrid, where she was promoting the show.

Drop Dead Diva, about a shallow model who is killed in a car crash and reincarnated as a size 16 attorney, returns for a second season today on Showcase.

It's been a hit for the U.S. network Lifetime, which has renewed the program for a third slate of episodes.

Female viewers in particular seem to connect with Elliott's character, Jane Bingum, a brilliant, good-hearted lawyer adjusting to her new identity. The only people who know about her previous life are her best friend Stacy (April Bowlby) and her guardian angel Fred (Ben Feldman).

Fans have even gone wild for her wardrobe (Lifetime's website features a section where viewers can find out where to buy Jane's outfits).

"It's not easy, our stores don't really provide for anyone over a size zero, so sometimes that's tough (for people)," said Elliott.

But while the actress'

But while the actress' frame is clearly an anomaly on the TV landscape, Elliott says she doesn't really think in those terms.

Along with its strong

"This show seems to be globally accepted. I think we're hitting on issues that everyone deals with in their lives."

cast (comedian Margaret Cho is a standout as Jane's assistant Teri), Drop Dead Diva has also managed to attract an impressive list of guest stars, including Rosie O'Donnell, Paula Abdul, Liza Minnelli, Cybill Shepherd and Vivica Fox. O'Donnell, who plays a

O'Donnell, who plays a plain-spoken judge, is back this season, as is Abdul, who is featured in a dance number dream sequence.

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Rehab is busting Lohan's wallet

Lindsay avoids jail but struggles to pay her bills at Betty Ford Centre

Lindsay Lohan has avoided going to jail after her latest probation hearing, but she'll now be required to stay in rehab at the Betty Ford Center until January, but there's one problem.

According Hollyscoop, Lohan can't afford rehab.

"She indicates she can not afford to continue to pay for the treatment program and she needs to work," Lohan's probation report reportedly states. "Her clothing line is falling apart because she is not available to monitor the

"She indicates she can not afford to continue to pay for the treatment. LOHAN'S PROBATION REPORT

product."

A 90-day stay at the Betty Ford Center reportedly costs about \$53,000 US

Judge Elden Fox recently granted the actress leave to catch up on well-behind projects on one condition: the actress must wear her SCRAM bracelet and must report back to rehab after work. metro



PETA denies plans for Becks blood bath



Hangover cast killed Gibson's comeback cameo appearance

After Mel Gibson's top-secret cameo in the Hangover 2 was reportedly scrapped over objections by cast and crew, the role has gone to Liam Neeson. according to Us Weekly.

"It's true pending clearance of cast and crew background check," Neeson's rep says.

"They don't want him to be in the movie and serve as a platform for some creepy comeback"

SOURCE ON MEL GIBSON JOINING

The film's cast - in-

cluding Bradley Cooper and Zach Galifianakis reportedly protested when Gibson's participation was announced.

"They don't want him to be in the movie and serve as a platform for some creepy comeback," source says.



▶ Lisa Marie Presley

Why did I marry Michael Jackson?

that she was more than a little mystified by her marriage to Michael Jackson in

"I didn't understand my relationship with him," Presley tells Oprah Winfrey in a new interview.

"He became very good at making and creating and puppeteer-ing and manipulating to some degree. I always confused that manipulation thinking that that manipulation meant that he didn't love me. I understand it better now.

The manipulation was because it was a survival tactic for him."

It has been long rumoured that theirs was a shame marriage. Lisa Marie denied that insisting it was legit.

Talking points

Aguilera can't wait for Bratman to bounce

WE DON'T BLAME HER. SHE HAS WOMEN SHE HAS TO **SLEEP WITH Christina** Aguilera is reportedly itching for Jordan Bratman to move out, as her soon-to-be exhusband is still staying at their Beverly Hills home, according to

The couple has been separated since September, and Aguilera is reportedly staying in a hotel while their divorce is finalized because Bratman won't

Celebrity tweets



Kanve West [Akanyeseriously

have you guys taken time to think about that concept???!! COMMERCIAL ART!!! It just came to me! That's what I make!



Jessica Alba [@iessicaalba] I'm so

motivated to work out right now... Need some encouraging words tweeples!



Will Arnett (Aarnettwill] Oh, I've earned

this visit to Chilli's on Long Island.

● METRO



Lisa Marie Presley admits







Advisory

Stroller safety pointers

Health Canada issued an advisory Wednesday reminding caregivers not to leave children unattended in strollers, as it could put them at risk for entrapment, asphyxiation or falls. Deaths and injuries have occurred when children were left sleeping unattended or when stroller restraint systems were not used, it said. HE ASSOCIATED PRESS





Get ready for a pop culture Halloween

Mahbie -

and spookiest — costume event on the calendar, but hot looks for this Halloween are going beyond the realm of standard ghoulish get-ups.

Ghost and goblin garb may continue to be a mainstay among fans of more traditional, creep-tastic Halloween fare. But a trend that continues to evolve and gain momentum is keeping producers and distributors of costumes on their toes as they try to stay plugged in to

"People definitely want to be individual, they want to be creative. I think the DIY and crafting movement growing is huge and has a big influence on that as well." MEG ALLAN COLE FROM VALUE VILLAGE

what's making waves in popular culture.

From outlandish electro-pop diva Lady Gaga to the fist-pumping, tan-loving cast of MTV reality hit show Jersey Shore, imitating celebrities and pop icons continues to loom large this Halloween.

Meg Allan Cole, costume consultant for Value

Village, says the embracing of pop culture-inspired costumes has definitely grown in the last five to 10

"People definitely want to be individual, they want to be creative," she said from Brooklyn, N.Y. "I think the DIY and crafting movement growing huge and has a big influence on that as well."

Cole says Lady Gaga's omnipresence and her wide variety of ever-changing looks is what makes her a standout to emulate this season.

"She is huge and there's so many incarnations of her that I think people love seeing that there's so many different Lady Gagas they can choose from," she said.

Among the do-ityourself projects posted on the retailer's website are a of Gaga-inspired

True Blood

In a survey that polled 1,000 adults about their Halloween shopping habits, popular costumes and trends for 2010, Value Village found respondents looking to hit series, films and characters for style inspiration. HBO's True Blood sank its fangs into the top spot among those surveyed

THE ASSOCIATED PRESS

looks, including one featuring one of the pop sensation's earlier 'dos blond wig with locks fashioned into a hair bow.

Among the standouts from Jersey Shore, Cole says Nicole Polizzi — better known as Snooki — is "going to be a big one this year," as individuals seek to recreate the pint-sized reality star's towering signature pouf, reminiscent of singer Amy Winehouse's much-mimicked beehive of Halloweens Dast. THE ASSOCIATED PRESS



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Classic, gross candies always a hit

In a block-long warehouse at the McKeesport Candy Co., wooden pallets are piled high with boxes of candy fangs, wax moustaches, peanut butter and chocolate pumpkins, even a bag of "blood" that resembles a hospital IV.

"The grosser the candy, the better it's going to sell," says owner Jon H. Prince.

While kids love gore and gimmicks when it comes to Halloween — how can you not love a pair of wax fangs? — experts say children still are drawn to the classics their parents favour when filling the family treat bowl every year.

First on the list? Choco-

"The grosser the candy, the better it's going to sell." JON H. PRINCE OF MCKEESPORT CANDY CO.

late

"The truth is that there are many tried and true candy favourites, especially at Halloween." says Susan Smith, a spokeswoman for the National Confectioners Association. "Holidays represent tradition and small traditional favourites are the true kid pleasers on Halloween night."

Sixty-eight per cent of kids say they like to get treats made with choco-



late, while nine per cent go for lollipops, seven per cent go for gummy candy and another seven per cent prefer gum, the association said.

And last year, sales of gummy candies were on the rise. But it's not just the little colourful bears you might be used to. Think gory gummy — eyeballs, tongues, fingers, brains, even rats are all popular for Halloween.

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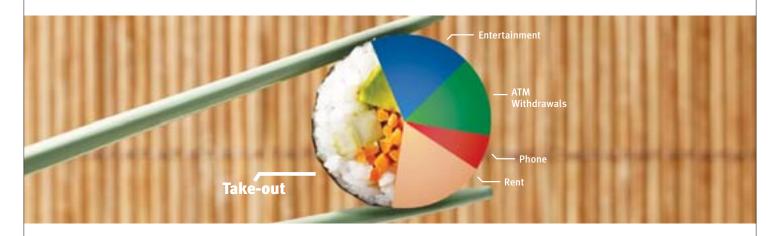
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Drugs a challenge for Conviction Kitchen

Chef Marc Thuet once again tries to transform ex-criminals ☐ This season he takes on Vancouver

Drug addiction loomed large on the second season of Conviction Kitchen, says celebrity chef Marc Thuet, who brought his gritty cooking show to Vancouver in a renewed bid to transform troubled ex-criminals into fine-dining chefs and restaurant staff.

Thuet and his wife and business partner Biana Zorich say the biggest obstacle for most of their motley crew was substance abuse, noting that

one promising chef ended up overdosing during the series while another showed up

high on heroin.

"Addiction was the number one cause of them being (in trouble with the law)," the burly Frenchborn Thuet said Friday from the kitchen of his Toronto bakery.

"They're not convicts as much as they are addicts in Vancouver," Zorich added in agreement.

The series is more docudrama than food-frivolity as it traces the triumphs, and occasional failures, of some of society's most down-and-out.

While the first season began with 24 ex-cons at one of Thuet's Toronto eateries, the new season started with just 12 ex-cons assembled at a rundown martini bar blocks from Vancouver's Stanley



Park. They include 28-yearold heroin addict Justin, 25-year-old thief Cassandra, and 54-year-old bank robber Richard, who says he's spent more years in prison than out.

Thuet says the ex-cons' personal battles are laid bare throughout the series, with Justin showing up to work clearly high and Cassandra disappearing for three days only to return saying she'd been

hospitalized for an over-dose.

"To find drugs in Vancouver I think it's the easiest city," adds Thuet, who is also releasing a cookbook, French Food My Way, on Nov. 2.

"You go to East Hastings and it's like sending a kid to the candy store — you get everything."

Conviction Kitchen airs Sunday nighs on Citytv.

THE CANADIAN PRESS

Stuffed Mushrooms



Goat cheese stuffed mushrooms with walnuts

Preparation:

- Line 2 rimmed baking sheets with foil.
- 2 In a large bowl, toss mushrooms with oil to coat. Arrange in a single layer on baking sheets, rounded side up, and bake in a 190 C (375 F) oven for 20 to 25 minutes or until tender.
- In a large skillet, cook bacon over mediumhigh heat for 7 to 8 minutes or until crisp. Drain on paper towels. Discard all but 15 ml (1 tbsp) of the bacon fat. In same skillet, add shallots, reduce heat to medium and cook for 3 minutes or until soft. Add garlic and cook for

Ingredients:

- 48 mushrooms (each about 4 cm/1 1/2 inches in diameter), stems removed
- 30 ml (2 tbsp) olive oil
 175 q (6 oz) smoked ba-
- 175 g (6 oz) smoked bacon, chopped
- 3 shallots, finely minced
- 2 cloves garlic, finely chopped
- 250 g (8 oz) creamy goat cheese
- 250 ml (1 cup) finely
- chopped walnuts
 15 ml (1 tbsp) chopped
 fresh parsley
- 15 ml (1 tbsp) chopped fresh rosemary

another minute.

- Transfer to a large bowl and let cool to room temperature. Add goat cheese and walnuts. Mix well. Stir in parsley and rosemary.
- Place heaping 5 ml (1 tsp) of filling in each mushroom. Bake in a 190 C (375 F) oven for 10 minutes or until heated through.

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Reduce, reuse, re-cellphone

• 96 per cent of a cellphone is recyclable • Website aims to keep handsets from entering Canadian landfills — steers users toward deposit spots



If you've bought a new cellphone recently, then you know saying goodbye to your old phone is often hard to do.

A recent survey found that the majority of Canadians keep their old phones in storage.

When asked, two-thirds of Canadians with an old phone in storage said they would be willing to recycle it

Recycle My Cell is a free national program that lets users find out where and how to properly dispose of their cellphones and other wireless devices at RecycleMyCell.ca.

The program, which incorporates numerous recycling initiatives across the country, is organized by the Canadian Wireless Telecommunications Association in conjunction with cellphone carriers and handset manufactur-

Many different items are accepted for recycling, including smartphones, pagers, wireless air cards,

batteries and accessories. Surprisingly, approximately 96 per cent of a cell phone is recyclable.

All phones recovered are recycled or refurbished appropriately and in accor-dance with international e-waste laws

The website allows con-sumers to simply enter their postal code to locate the drop-off location closest to them where their devices will be accepted, regardless of brand or con-

If you can't visit one of these drop-off locations in person, RecycleMyCell.ca

Cellular stats

- One year after the launch of Recycle My Cell, there are over 3,700 drop off locations in Canada.
- Almost 30,000 visitors to RecycleMyCell.ca in the past year were able to find a location in their area that will accept their devices regardless of condition.

Prize for eco-wise school

Canada has launched its Recycle for Education contest, which will see the country's most environmentally efficient school receive a computer lab makeover.

All publicly funded elementary and high schools in Canada are eligible to take part in the contest. which is valued at \$50,000. THE ASSOCIATED PRESS

provides postage-paid labels to use for mailing these devices.

In addition, recycling your old phone helps nu-

merous national and local charities who benefit either from direct reuse of parts or from sales of recycled products. NEWS CANADA

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člaims.

- Nicole from Montreal, QC

ome manufacturers are making vague and misleading claims abouttheir degree of ecofriendliness It's called

"greenwashing." A study by TerraChoice Environmental Marketing tested more than 2,000 self-described environmentally friendly products in North America, and found only 25 were indisputably "sin free." The rest had been greenwashed.

Kids' toys, baby products, cosmetics, and cleaners are most often guilty of this deceit.

That means about 98 per cent of items labeled 'natural" or 'environmentally friendly" are making untrue

Don't fret. We made it easy for you to understand labels and claims found on everyday products.

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AN INSPIRING RAGS TO RICHES STORY



he sat on the bed in the shelter and started to cry. Lia Grimanis was 16 and homeless after fleeing a violent home. "That night I decided I would become a role model. I wanted to be the person that came back to the shelter and said, 'I made it.'

From a shelter, to welfare to starting her own business, Lia worked quickly. She moved into technology sales and was soon making \$250,000 a year. Fifteen years passed and she was respected and

The numbers

- The Canadian Government estimates there are 150,000 homeless people
- Non-government sources say there are between 200,000 — 300,000 homeless people in Canada
- Toronto has the largest homeless population in

successful beyond her wildest dreams but she still wasn't ready to tell her story.

Lia's turning point came one night while at a public meeting near her home in Toronto

People were upset a homeless shelter was

the country

- Calgary's homeless population grew 740 per cent between 1994 and 2006
- Vancouver's number of homeless seniors nearly tripled between 2002 and

Source: Sheldon Chumir Foundation

being opened down the street. Finally Lia stood up and said, "Look at my face. Look at me. I was homeless."

The room fell silent and people stared. Then finally the man leading the meeting said, "With all due respect Lia, you're an

Then he went back to his tirade against the shel-

The next day Lia launched a website called Up with Women where people could share their stories. The media started requesting interviews as she started programs and began to re-frame the ex-perience of homelessness.

Lia recently quit her well-paying job in sales and is now focusing on Up With Women.

She's living off of her savings, but that doesn't faze Grimanis. "I've lived frugally before and I'll do it again." Now when she walks

through the door of any shelter she is an

there

Do you need help? Anyone can dial 211 to get confidential assis-

For women suffering from violence, contact Shelternet for a safe place to go (shelternet.ca).

Homeless women and children looking to rebuild their lives can get help at upwithwomen.com.

inspiration to everyone in the room. Lia Grimanis can finally say, "I made it."

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Rise and fall of the Big Three



With our economy chugging along — although at a slower pace than we'd like — it's rather remarkable that the American auto giants are actually still around, considering just two years ago Detroit's Big Three were facing bank-

Author Paul Ingrassia dives into the complexities of how the auto giants ended up in these circumstances, especially a company like General Motors, which in 1955 had become the world's first company to earn more than \$1 billion in a single

"That General Motors could go bankrupt seemed as unlikely as, say, AmeriCrash Course — The **American Automobile** Industry's Road from Glory to Disaster

By Paul Ingrassia Random House. 280 pages, \$32

ca's banks going broke or a black man being elected as President," writes Ingras-sia. We, of course saw, both failures as well as the historic breakthrough with Obama's presidential victo-

Starting out with a timeline of events, Ingrassia de-scribes how the launch of the Model T by Henry Ford in 1908, and his perfection of the moving assembly line in 1913, essentially birthed the American middle class with mass production applications popping up outside of the automo-

tive industry.

This arguably was also the birth of America's love affair with the automobile.

This love affair only heightened with the introduction of the tail-fin era in 1955, and the muscle cars of the 1960s, which inspired films like Holly-wood Graffiti, not to mention countless rock 'n' roll hits such as The Beach Boys' memorable 1963 song Little Deuce Coupe and Wilson Pickett's hit three years later Mustang

America's bank bailouts ended up costing almost eight times more than rescuing the Detroit Three, but as with most love affairs, the emotional impact was nowhere near as deep.

Ingrassia describes a situation that was so avoidincluding blind PRINTED AND IN

sighted management, "board of bystanders" and a union movement that lost sight of reality.

Craig Lund, is the President Elect of the American Marketing Association's Toronto Chapter and can be reached at hello@craiglund.ca

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Students make contact online

• Online degree programs are helping students form tighter and more intimate relationships



In a world that revolves as much around who you know as what you know, the university lawn was once the venue to come to know both: a place to take mind-swelling intro lec-tures, then share plastic beer cups with future dignitaries of America.

But as the new millenniyoung transpose their social circles to the Internet, the emerging place for students to network is on the network in online degree programs.

Once the domain of mouse-clicking shut-ins nabbing B.A.'s in their PIs. Internet-based coursework has become a top way to meet like-minded learners chasing similar careers.

The issue of isolation and having to be completely independent in a degree program is beginning to become a secondary issue." explains Lessons From the Cyberspace Classroom author Rena Palloff.

"All the people who work in online programs are starting to build collaborative activities into their online courses to make sure their students stay in touch with each other and support each other."

That work is paying off big time, she says. Student's facility with social media, plus the smokescreen of anonymity that online work offers, means that classmates are forming tighter, more intimate relationships in online programs than they would in daunting lecture halls.

Which is great, The Virtual Student author Keith Pratt says, because students need serious peer-topeer encouragement to follow through with their online coursework.

"Students shouldn't go in there thinking that they're going to be all by themselves," he says. "If students get isolated. they're not going to contin-

pick a program

As you scout for online degree programs, make sure you select a school with plenty of planned peer-topeer interaction.

"Research shows when it's not required, it doesn't get done." warns Michael G. Moore, editor of The American Journal of Distance Education.

Once you've plugged in

reach out. "Connect on Facebook," Palloff recommends. "Oftentimes, in online classes the email addresses of classmates are available, so you can certainly connect

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Call 403.210.4028 or E-mail: chinook.lodge@sait.ca for more information.



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sports

Quoted



"I'm just a player and I'm just going to show up tonight and play. I want to be on the ice. That's the bottom line."

ILYA KOVALCHUK, WHO REJOINED THE NEW JERSEY DEVILS' LINEUP YESTERDAY, ONE NIGHT AFTER HE WAS BENCHED BY COACH JOHN MACLEAN FOR AN UNDISCLOSED REASON.

"It was tough because I love the game so much. That's probably the worst when you watch your team, especially losing.

KOVALCHUK ON MISSING SATURDAY'S GAME, A 6-1 LOSS TO BUFFALO.

Sharks can't beat Kipper

Dourgue still on fire as he follows up hat trick with two-goal effort • Flames have won four of last five games as they begin homestand



Rene Bourque kept his hot streak going with two more goals and Miikka Kiprusoff made 27 saves as the Calgary Flames beat the San Jose Sharks 4-0 yesterday.

Coming off a three-goal, four-point night Friday in Calgary's 6-2 win Columbus, Bourque picked up where he left off, scoring his fifth and sixth goals of the season in a four-goal first period.

Bourque has made a big impact since his return from a head injury, scoring six times in four games. He has three game-winning goals, tying him for top spot in the NHL with Chicago's Patrick Sharp.



It was the second shutout of the season, and second in his last three starts, for Kiprusoff. The Finn has 36 shutouts over his career.

Kiprusoff was busiest in the second period as the

Sharks outshot Calgary 12-10, but could not cut into their four-goal deficit.

During one stretch of dangerous pressure on a power play, San Jose put three shots on goal but Kiprusoff calmly turned them all aside, including a sharp pad stop off Ryan

Jarome Iginla and Craig Conroy also scored for Calgary (5-3-0), which kicked off a five-game homestand. The Flames have won four of their last five and meet the Edmonton Oilers to-

San Jose (3-3-1) suffered its first road loss of the

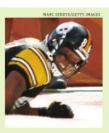
Calgary opened the

scoring on a power play at

4:12. Bourque blasted a crossice feed from Niklas Hagman past Antti Niemi on the glove side.

The Flames surged ahead 2-0 less than two minutes later when Iginla took a clever back pass from Alex Tanguay and snapped a shot past Niemi from the top of the face-off

Niemi got the hook from coach Todd McLellan after surrendering Conroy's one-timer at 8:36 of the first period. He was replaced by Antero Niittymaki after stopping just two of five shots.



Steelers 23, Dolphins 22 The officials eventually got it right that Ben Roethlisberger fumbled at the goal-line. The Dolphins were still left feeling wronged yesterday.

An officiating mistake negated Roethlisberger's late fumble, and the Steelers kicked the gamewinning field goal on the next play.

Jeff Reed made an 18varder with 2:30 left, allowing Pittsburgh to



Browns 30, Saints 17 David Bowens returned two of Drew Brees' four interceptions for touchdowns and the Browns stunned the defending champion

Rookie Colt McCoy passed for only 74 yards but got his first win as an NFL starter - a desperately needed one for the struggling Browns (2-5).



Ravens 37, Bills 34 OT The Bills came close, but Billy Cundiff kicked a 38yard field goal with 10:57 left in overtime after Ray Lewis stripped the ball from tight end Shawn Nelson, and Baltimore squeezed past winless

Buffalo (0-6). Joe Flacco threw three touchdown passes for the Ravens, who survived an uncharacteristic performance by a defence that was shredded for 505 yards. THE ASSOCIATED PRESS

Favre copped to voice mails: Report



Brett Favre reportedly admitted leaving voice mails for the former New York Jets game hostess to whom a website reports he also sent lewd photos.

Fox Television's Jay Glazer reported yesterday that Favre told league investigators earlier this week he left phone messages for Jenn Sterger, who worked for the Jets in 2008 when was their quarter-

Fox did not say who provided the information. The NFL said it is not commenting on details of the investigation.

Glazer also reported Favre denied sending Sterger inappropriate photos.

The NFL is investigating

this month that Favre sent the racy photos to Sterger two years ago. Sterger, now an on-air personality for Versus, has not co-operated with the league yet, but her manager, Phil Reese, told The Associated Press vesterday that could happen

a Deadspin report earlier

THE ASSOCIATED PRESS

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Stı
d-Tampa Bay	8	5	2	1	0	27	27	11	2-1-1-0	3-1-0-0	5-2-1-0	L
d-Pittsburgh	9	5	3	1	0	27	20	11	2-3-0-0	3-0-1-0	5-3-1-0	L
d-Toronto	7	4	2	1	0	20	18	9	2-1-1-0	2-1-0-0	4-2-1-0	L
Washington	8	5	3	0	0	23	21	10	4-1-0-0	1-2-0-0	5-3-0-0	W
NY Islanders	8	4	2	1	1	26	23	10	2-0-0-1	2-2-1-0	4-2-1-1	L
NY Rangers	7	4	2	1	0	22	20	9	1-1-1-0	3-1-0-0	4-2-1-0	W
Montreal	7	4	2	1	0	17	16	9	1-1-1-0	3-1-0-0	4-2-1-0	W
Boston	6	4	2	0	0	18	11	8	1-2-0-0	3-0-0-0	4-2-0-0	L
Carolina	7	4	3	0	0	21	21	8	1-0-0-0	3-3-0-0	4-3-0-0	W
Philadelphia	7	3	3	1	0	18	19	7	2-3-0-0	1-0-1-0	3-3-1-0	W
Atlanta	8	3	4	1	0	23	29	7	1-2-0-0	2-2-1-0	3-4-1-0	L
Buffalo	9	3	5	1	0	24	24	7	0-4-1-0	2-2-0-0	3-5-1-0	W
Florida	6	3	3	0	0	17	12	6	2-1-0-0	1-2-0-0	3-3-0-0	W
Ottawa	8	2	5	1	0	16	26	5	1-2-0-0	1-3-1-0	2-5-1-0	L
New Jersey	9	2	6	1	0	15	30	5	0-4-1-0	2-2-0-0	2-6-1-0	L

WESTERN CONFERENCE GP W L OTL SL GF GA Pts

	OI.	**	-	OIL	JL	O.	UM	10	HOHIC	Airuy	Ed3C 10	Juk
d-Nashville	8	5	0	3	0	21	17	13	2-0-3-0	3-0-0-0	5-0-3-0	W2
d-Dallas	7	5	2	0	0	24	17	10	2-1-0-0	3-1-0-0	5-2-0-0	L1
d-Calgary	8	5	3	0	0	21	17	10	3-1-0-0	2-2-0-0	5-3-0-0	W2
Detroit	7	5	1	0	1	23	18	11	3-0-0-1	2-1-0-0	5-1-0-1	W4
Chicago	10	5	4	1	0	29	28	11	3-3-0-0	2-1-1-0	5-4-1-0	L2
Los Angeles	7	5	2	0	0	22	17	10	3-0-0-0	2-2-0-0	5-2-0-0	W1
St. Louis	7	4	1	1	1	19	14	10	4-0-0-0	0-1-1-1	4-1-1-1	W2
Columbus	7	4	3	0	0	18	21	8	2-2-0-0	2-1-0-0	4-3-0-0	W1
Colorado	8	4	4	0	0	25	29	8	1-2-0-0	3-2-0-0	4-4-0-0	L2
Vancouver	8	3	3	0	2	20	21	8	3-0-0-1	0-3-0-1	3-3-0-2	W1
Minnesota	7	3	3	0	1	21	20	7	2-2-0-0	1-1-0-1	3-3-0-1	L1
San Jose	7	3	3	1	0	19	21	7	1-2-0-0	2-1-1-0	3-3-1-0	L1
Anaheim	9	3	5	0	1	21	33	7	2-0-0-1	1-5-0-0	3-5-0-1	L1
Phoenix	6	2	2	2	0	15	16	6	1-1-2-0	1-1-0-0	2-2-2-0	L1
Edmonton	6	2	4	0	0	15	21	4	2-2-0-0	0-2-0-0	2-4-0-0	L4

 $d-\text{division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column. \\$

Last night's results Nashville 4 Tampa Bay 3 N.Y. Rangers 3 New Jersey 1 Calgary 4 San Jose 0 Saturday's results Montreal 3 Ottawa 0 Philadelphia 5 Toronto 2

San Jose 6 Edmonton 1 Buffalo 6 New Jersev 1 Carolina 4 Phoenix 3 (OT) Columbus 3 Chicago 2 Detroit 5 Anaheim 4

FLAMES 4, SHARKS 0

First Period 1. Calgary, Bourque 5 (Hagman, Morrison)

1. Calgary, Bourque's (Hagman, Morrison)
4.12 (pp)
2. Calgary, Iginla 2 (Tanguay, White) 6:01
3. Calgary, Conroy 2 (Meyer, Jackman) 8:36
4. Calgary, Bourque 6 (Tanguay, Stajan) 11:47
Penalties — Pavelski SJ (tripping) 3:31, Clowe
SJ, Jackman Cal (fighting) 8:36, Mitchell SJ
(hopking) 13:37 (hooking) 13:00

Second Period

No Scoring.

Penalties — Niittymaki SJ (delay of game; served by Mayers) 2:36, Heatley SJ (slashing) 8:53. Jokinen Cal (interference) 13:15. Wallin SJ (delay of game) 17:09, Glencross Cal (hook-SJ (delay or game) 17:09, Glencross Cal ing) 19:43. Third Period — No Scoring. Penalties — Heatley SJ (tripping) 4:50. Shots on goal by

Shots on goal by
San Jose 6 12 9 27
Calgary 14 10 6 30
Goal (shots-saves) — San Jose Niemi (L,130)(5-2), Niittymaki (8:36 first, 25-24); Calgary:
Kiprusoff (W,4-3-0), Power plays (goalschances) — San Jose 0-2; Calgary: 1-6.
Att. — 19,289 (19,289) at Calgary: 1

LATE SATURDAY

SHARKS 6 AT OILERS 1

First Period
1. Edmonton, Eberle 2 (Horcoff, Whitney) 1:22 (sh) 2. San Jose, Heatley 2 (Pavelski, Thornton) 16:34 (pp)

Penalties — Gagner Edm (goaltender interference) 0:53, Brule Edm (hooking) 15:24, De-

mers SJ (high-sticking) 17:19, Brule Edm (holding) 17:19. Second Period

Florida 4 N.Y. Islanders 3 Los Angeles 6 Colorado 4 Nashville 1 Dallas 0

Tonight's games

(All times Eastern)

N.Y. Rangers 3 Boston 2 St. Louis 1 Pittsburgh 0 (OT) Washington 4 Atlanta 3 (OT)

Philadelphia at Columbus, 7 p.m.

Phoenix at Montreal, 7:30 p.m. Los Angeles at Minnesota, 8 p.m.

Second Period
3. San Jose, Couture 3 (McGinn) 12:46
4. San Jose, Pavelski 3 (Heatley, Thornton)
18:51 (pp)
Penalties – Nichol SJ (interference) 3:03, Setoguchi SJ (boarding) 5:17, Foster Edm (slashing) 5:46, Wallin SJ (hooking) 8:48, Mayers SJ (instigating, fighting, misconduct), Stortini Edm (fighting) 13:05, Hall Edm (tripping)
18:12

18:12. Third Period

5. San Jose, Clowe 2 (Pavelski) 4:29 6 San Jose Royle 1 (Thornton) 4:49 (nn) 7. San Jose, McCarthy 1 (Mitchell, Huskins)

Penalties — Vandermeer Edm (slashing) 4:45, Demers SJ (holding) 9:05.

Shots on goal by
San Jose
Edmonton

Goal — San Jose: Niittymaki (W,2-0-1); Edmonton: Khabibulin (L,2-4-0). Power plays (goals-chances) — San Jose: 3-5; Edmonton: 0-5.

Att. — 16,839 (16,839) at Edmonton.

SCORING LEADERS

	G	Α	PT
Stamkos, TB	8	7	15
Sharp, Chi	8	3	11
Hossa, Chi	7	4	11
D.Sedin, Vcr	7	4	11
Crosby, Pgh	6	5	11
Getzlaf, Ana	3	8	11
C.Stewart, Col	5	5	10
Zetterberg, Det	3	7	10
B.Richards, Dal	2	8	10
Liles, Col	0	10	10

MLB

2010 POSTSEASON

LEAGUE CHAMPIONSHIP SERIES AMERICAN LEAGUE

NATIONAL LEAGUE (San Francisco wins series 4-2)
Saturday's result
San Francisco 3 Philadelphia 2

WORLD SERIES

Wednesday's game (All times Eastern)

Texas at San Francisco, 7:57 p.m. Saturday's game San Francisco at Texas, 6:57 p.m. Sunday's game

San Francisco at Texas, 8:20 p.m. **LATE SATURDAY**

Last 10 Strk

GIANTS 3, PHILLIES 2

San Francisco	ab	r	h	bi	Philadelphia	ab	r	h bi
ATorrs cf	5	0	3	0	Rollins ss	4	0	10
Rownd cf	0	0	0	0	Polanc 3b	3	1	0 0
FSnchz 2b	4	0	3	0	WValdz pr	0	0	0 0
A.Huff 1b	4	1	1	1	Utley 2b	3	1	11
Posey c	4	0	0	0	Howard 1b	5	0	2 0
Burrell If	4	0	1	0	Werth rf	2	0	0 1
Linccm p	0	0	0	0	Victorn cf	4	0	2 0
BrWlsn p	1	0	0	0	Ibanez If	4	0	2 0
C.Ross rf-lf	4	0	1	0	C.Ruiz c	3	0	0 0
Uribe 3b	3	1	2	1	Oswalt p	2	0	0 0
Renteri ss	4	0	0	0	BFrncs ph	1	0	0 0
JSnchz p	1	1	1	0	Madson p	0	0	0 0
Affeldt p	0	0	0	0	Lidge p	0	0	0 0
Fontent ph	1	0	1	0	Gload ph	1	0	0 0
Bmgrn p	0	0	0	0				
Ishikaw ph	1	0	0	0				
JaLopz p	0	0	0	0				
Schrhlt rf	1	0	0	0				
Totals	37	3	13	2	Totals	32	2	8 2
San Francisc Philadelphia					002 000 200 000	010 000		3
Pilliduelpilla					200 000	000		۷.

Philadelphia 200 000 000 2 E-Polanco (1). DP-San Francisco 1, Philadelphia 2. LOB—San Francisco 11, Philadelphia 11. 2B—F. Sanchez (1), C.Ross (3), Utley (1), Howard (4), Ibanez (1). HR—Uribe (1). S—F. Sanchez, C.Ruiz. SF—Werth.

	IP	Н	R	ER	BB	S0
San Francisco						
J.Sanchez	2	3	2	2	2	1
Affeldt	2	0	0	0	0	2
Bumgarner	2	3	0	0	1	1
Ja.Lopez W,1-0	1	0	0	0	0	1
Lincecum H,1	1-3	2	0	0	0	1
Br.Wilson S,3-3	12-3	0	0	0	2	1
Philadelphia						
Oswalt	6	9	2	1	0	5
Madson L,0-1	2	2	1	1	1	3
Lidge	1	2	0	0	1	2
T-3:41. A-46,0	62 (43,6	51)	at Pl	nilade	elphia	

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE

OAKLAND ATHLETICS—Announced pitching coach Curt Young did not accept the team's contract offer for 2011.

BASKETBALL

NEW YORK KNICKS—Exercised their fourth-year contract options on F Danilo Gallinari, F Anthony Randolph and G Toney Douglas.

HOCKEY

CAROLINA HURRICANES—Reassigned D Rett Carson to Charlotte (AHL).
CHICAGO BLACKHAWKS—Assigned F Evan
Brophey to Rockford (AHL).
NEW YORK RANGERS—Called up RW Jeremy
Williams from Hartford (AHL).

CFL

WEEK 17

EAST DIVISION											
	GP	W	L	Т	PF PA						
y-Montreal	16	11	5	0	480 415						
x-Hamilton	16	9	7	0	436 372						
x-Toronto	16	8	8	0	313 401						
Winnipeg	16	4	12	0	419 434						

GP W L T PF PA Pt 16 11 5 0 536 403 22 16 9 7 0 449 442 18 16 6 10 0 343 501 12 16 6 10 0 420 428 12 x-Saskatch Edmonton

x — clinched playoff berth. y — clinched division title. Saturday's results Edmonton 39 Saskatchewan 24 oronto 27 Winnipeg 8 Friday's results B.C. 36 Calgary 31 Hamilton 40 Montreal 3

WEEK 18

Friday, Oct. 29

(All times Eastern)
Montreal at Toronto, 7 p.m.
Hamilton at Calgary, 10 p.m.
Saturday, Oct. 30

Winnipeg at Edmonton, 7 p.m. Sunday, Oct. 31 Saskatchewan at B.C., 5 p.m. TORONTO - Unofficial CFL scoring leaders following Saturday's games (x - scored two-point

SCORING LEADERS

Maver, Cal	0	60	31	3	15
McCallum, BC	0	29	40	6	15
Duval, Mtl	0	37	30	12	13
DeAngelis, Ham	0	39	31	3	13
Congi, Sask	0	41	26	2	12
Prefontaine, Edm-To	or 0	28	24	8	10
Cates, Sask	15	0	0	0	9
Shaw, Tor	0	18	19	6	8
Palardy, Ham-Wpg	0	18	16	7	8
T.Edwards, Wpg	12	0	0	0	7
Bryant, Cal	11	0	0	0	6
x-Cobb, Ham	10	2	0	0	6
x-Green, MtI	10	2	0	0	6
Lewis, Cal	9	0	0	0	
Robertson, BC	9	0	0	0	
Bruce, Ham	8	0	0	0	4
Serna, Wpg	0	20	8	4	4
x-Richardson, Mtl	7	2	0	0	4
Boyd, Tor	7	0	0	0	4
McDaniel, Ham	7	0	0	0	4
Rambo, Cal	7	0	0	0	4
Reynolds, Cal	7	0	0	0	4
Watkins, Mtl	7	0	0	0	4
x-Owens, Tor	6	2	0	0	3
x-Simon, BC	6	2	0	0	3
Cobourne, Mtl	6	0	0	0	3
Davis, BC	6	0	0	0	3
Dressler, Sask	6	0	0	0	3
Durant, Sask	6	0	0	0	4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4
Reid, Wpg	6	0	0	0	3

NBA

2010-11 SCHEDULE

Tomorrow's games (All times Eastern) Miami at Roston 7:30 n m

Miami at Boston, 7:30 p.m.
Phoenix at Drottand, 10 p.m.
Houston at L.A. Lakers, 10:30 p.m.
Wednesday's games
Boston at Cleveland, 7 p.m.
Detroit at New Jersey, 7 p.m.
Miami at Philadelphia, 7 p.m.
New York at Toronto, 7 p.m.
Atlanta at Memphis, 8 p.m.
Sacramento at Minnesota, 8 p.m.
Miliwaukee at New Orleans, 8 p.m.
Charjotte at Dallas, 8:30 p.m.
Charjotte at Dallas, 8:30 p.m.
Indiana at San Antonio, 8:30 p.m. Indiana at San Antonio, 8:30 p.m. Utah at Denver, 8:30 p.m. Houston at Golden State, 10:30 p.m.

Portland at L.A. Clippers, 10:30 p.m.

SOCCER

MLS

Vesterday's results
Columbus 3 Philadelphia 1
Los Angeles 2 FC Dallas 1
Saturday's results
Toronto FC 3 D.C. United 2
Chicago 4 Chivas USA 1
Colorado 2 Real Salt Lake 2 Houston 2 Seattle 1 Kansas City 4 San Jose 1

ENGLAND

PREMIER LEAGUE

I IVEINITE FF	I ILLINIER ELAGOE											
	GP	W	D	L	GF	GA	Pts					
Chelsea	9	7	1	1	25	2	22					
Arsenal	9	5	2	2	21	10	17					
Man United	9	4	5	0	20	12	17					
Man City	9	5	2	2	12	8	17					
Tottenham	9	4	3	2	11	8	15					
West Brom	9	4	3	2	13	15	15					
Sunderland	9	2	6	1	8	7	12					
Bolton	9	2	6	1	13	13	12					
Newcastle	9	3	2	4	14	13	11					
Aston Villa	9	3	2	4	9	13	11					
Everton	9	2	4	3	9	8	10					
Birmingham	9	2	4	3	10	12	10					
Stoke	9	3	1	5	10	13	10					
Blackpool	9	3	1	5	13	20	10					
Wigan	9	2	4	3	7	16	10					
Fulham	9	1	6	2	10	11	9					
Blackburn	9	2	3	4	8	10	9					
Liverpool	9	2	3	4	9	14	9					
Wolverhampton	9	1	3	5	8	15	6					
West Ham	9	1	3	4	7	17	6					
Voctorday/c rocu	l+c											

Liverpool 2 Blackburn 1 Manchester City 0 Arsenal 3 Stoke 1 Manchester United 2

FRANCE

LIGUE 1

Yesterday's results Arles 1 Lyon 1 Lille 1 Marseille 3 Paris Saint-Germain 2 Auxerre 3

GERMANY

BUNDESLIGA

Yesterday's results Bayer Leverkusen 0 Mainz 1 Borussia Dortmund 1 Hoffenheim 1 Stuttgart 2 St. Pauli 0

ITALY SERIE A

Yesterday's results Bologna 0 Juventus 0 Chievo Verona 2 Cesena 1 Genoa 1 Catania 0 Inter Milan 1 Sampdoria 1 Lazio 2 Cagliari 1 Udinese 2 Palermo 1

SCOTLAND

PREMIER I FAGILE

Yesterday's result Celtic 1 Rangers 3

SPAIN

LA LIGA

Yesterday's results Almeria 1 Hercules 1 Espanyol 2 Levante 1
Getafe 3 Sporting Gijon 0 Osasuna 3 Malaga 0 Sevilla 4 Athletic Rilhan 3 Villarreal 2 Atletico Madrid 0

FRANCE

LIGUE1

Yesterday's results Arles 1 Lyon 1 Lille 1 Marseille 3 Paris Saint-Germain 2 Auxerre 3

AMERICAN CONFERENCE

EAST						
N.Y. Jets New England Miami Buffalo	W 5 5 3 0	1 1 3 6	0 0 0 0	Pct .833 .833 .500 .000	PF 159 177 111 121	PA 101 136 135 198
SOUTH						
Tennessee Houston Indianapolis Jacksonville NORTH Pittsburgh Baltimore Cincinnati Cleveland	W 5 4 4 3 W 5 5 2 2	L 2 2 4 L 1 2 4 5	T 0 0 0 0 0 0 0 0 0 0 0 0	Pct .714 .667 .429 Pct .833 .714 .333 .286	PF 199 153 163 130 PF 137 149 132 118	PA 117 167 125 209 PA 82 129 141 142
WEST						
Kansas City Dakland San Diego Denver NATIONAL	W 4 3 2 2 2	L 2 4 5 5 NFI	0 0 0 0	Pct .667 .429 .286 .286	PF 150 179 177 138	PA 112 165 149 199
FACT						

	vv			PCC	PF	PA
Kansas City	4	2	0	.667	150	112
Oakland	3	4	0	.429	179	165
San Diego	2	5	0	.286	177	149
Denver	2	5	0	.286	138	199
NATIONAL	. CO	NFI	ERE	NCE		
EAST						
	W	L	Т	Pct	PF	PA
N.Y. Giants	4	2	0	.667	134	118
Washington	4	3	0	.571	130	133
Philadelphia	4	3	0	.571	172	157
Dallas	1	4	0	.200	102	111
SOUTH						
	W	L	Т	Pct	PF	PA
Atlanta	5	2	0	.714	169	133
Tampa Bay	4	2	0	.667	98	128
New Orleans	4	3	0	.571	147	138
Carolina	4		^	1/7	75	120

atlanta Jampa Bay Jew Orleans Jarolina	W 5 4 4	L 2 2 3 5	T 0 0 0	Pct .714 .667 .571 .167	PF 169 98 147 75	PA 133 128 138 130
NORTH						
hicago ireen Bay Minnesota Petroit	W 4 4 2 1	L 3 4 5	T 0 0 0	Pct .571 .571 .333 .167	PF 126 167 111 146	PA 114 136 116 140
WEST						
eattle Irizona It. Louis Ian Francisco	W 4 3 3	2 3 4 6	0 0 0 0	.667 .500 .429 .143	PF 120 98 120 113	PA 107 160 131 162

WEEK 7

Seattle

Byes: Detroit, Houston, Indianapolis, N.Y. Jets Yesterday's results Atlanta 39 Cincinnati 32 Baltimore 37 Buffalo 34 (OT)

Baltimore 3/ Buffalo 34 (01) Carolina 23 San Francisco 20 Cleveland 30 New Orleans 17 Kansas City 42 Jacksonville 20 New England 23 San Diego 20 Oakland 59 Denver 14 Pittsburgh 23 Miami 22 Saattla 22 Arizona 10 Seattle 22 Arizona 10 Tampa Bay 18 St. Louis 17 Tennessee 37 Philadelphia 19 Washington 17 Chicago 14 Green Bay 28 Minnesota 24

Tonight's game (All times Eastern) N.Y. Giants at Dallas, 8:30 p.m.

WEEK 8

Byes: N.Y. Giants, Philadelphia, Chicago, Atlanta, Baltimore, Cleveland Sunday, Oct. 31

Sunday, Oct. 31
Denver vs. San Francisco at London, 1 p.m.
Washington at Detroit, 1 p.m.
Buffalo at Kansas City, 1 p.m.
Carolina at St. Louis, 1 p.m.
Miami at Cincinnati, 1 p.m.
Jacksonville at Dallas, 1 p.m.
Green Bay at N.Y. Jets, 1 p.m.
Tennessee at San Diego, 4x05 p.m.
Minnesota at New England, 4:15 p.m.
Seattle at Dalland d. 15 p.m. Seattle at Oakland, 4:15 p.m. Tampa Bay at Arizona, 4:15 p.m. Pittsburgh at New Orleans, 8:20 p.m. Monday, Nov. 1

Houston at Indianapolis, 8:30 p.m.



Crossword

1 Burden 5 "- a real nowhere man, ..."

15

- 8 Call partner
- 12 Irritating
- 14 Christmas
- 15 Tricvcle's kin
- 16 Black and white
- 17 Father
- 18 Motorcycle
- sounds 20 Burn with steam
- 23 Mythical mangoat
- 24 Sea eagle
- 25 "Who cares?"
- 28 Humour 29 Unable to escape
- 30 Suitcase
- 32 "Sesame Street" resident
- 34 Relinquish
- 35 Risque
- 36 Lecherous fellow 37 Comment
- 40 Sprina mo.
- 41 Portent
- 42 New York City
- 47 Autograph
- 48 Church recitation
- 49 Remain
- 50 A Kennedy brother
- 51 Missing

- 3 S.A. nation
- 5 Didn't waste time

- 2 Sapporo sash
- 4 Waste time
- 6 Previous night

- 1 Science workshop
- 7 Having a woven

8 Past

49

- 9 Continental money 10 No blabbermouth
- 11 Jailer's janglers 13 Roe provider
- 19 "The 40 Year Old Virgin" actor Paul
- 20 Stitch 21 Home, slangily
- 22 Opposed 23 Inflamed
- 25 Insult 26 Help hoods
- 27 "— and the Tramp"

29 Ski-lift type

- 34 Wrist-related
 - 36 Unwanted e-mail 37 Colonial flag
 - maker 38 Send forth

31 Eur. country 33 "Beverly Hillbil-

- 39 Humongous 40 Old
- 43 "— Got a Secret"

48

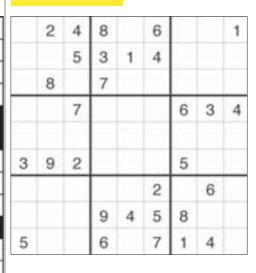
- 44 Expert
- 45 Fleur-de-46 Dine

➤ Yesterday's answer

16

For today's crossword answers and for expanded horoscopes, go to metronews.ca

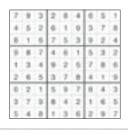
Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Short Stuff; you're the love of my life, and the diamond in my rock. I want the whole world to know. FRAY

Victor, I am extremely lucky to have such an incredible boyfriend! Your optimism and smile is what keeps me going. Happy Birthday! LOVE, MOO

Ms. Candace, trust your heart as I trust your heart and open vourself to all possibilities. Thank you so much for making my life better and remember I'm here to do the same for you. LOVE, MR. SABLE

g-money since the relationship started I'm the happiest I've ever been, i still get butterflies when I'm in your presence. I hope you are willing to take it to the next level. Love always and for-

YOUR RITALIN ROCKET

look at the weather

TODAY Min -2° Max 3°

TUESDAY Min -5 2° Max 2°

WEDNESDAY Min -5° Max 6°

Andrew Schultz. Meteorologist "I get to spread the word

on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



Today's horoscope

T Aries March 21-April 20 If

you start the week in a panic you will regret it by midweek. You may be under the impression that if you don't get certain things finished now they won't get done at all but that's simply not true. Stay calm.

¥ Taurus April 21-May 21 You have made more than enough sacrifices in recent weeks and anyone who wants you to make more must be told in no uncertain fashion that you've done all you are going to do

 ${
m II}$ Gemini May 22-June 21 You need to deal with relationship problems now — and that means right this very minute. If you don't there will be a rather messy clash of egos.

Gancer June 22-July 22

days to get your daily routine if you don't you will be snowed under with work

should be a highly productive time for you, but take care you don't agree to things you might regret later. Even a Leo has to pick and choose between commitments. You cannot do everything, nor should

TV Virgo Aug. 24- Sept. 22 Make time for other people today, especially those people whose help and assistance have been invaluable to you in the past. You may need to call on them

Make the most of the next few in some kind of order, because

vou want to.

again this week, so be nice.

← Libra Sept. 23-Oct. 23 Stick to what comes easy to you today because if you tackle challenges that are beyond your area of expertise you could get yourself in a serious muddle.

M Scorpio Oct. 24-Nov. 22

How do you change your life for the better? Have you considered that the best way might be to change nothing at all? If you leave well alone, everything will turn out for you just right.

Nov. 23-Dec. 21 Do you give in to others' demands for the sake of a peaceful life, or do you stand up for yourself? Only you can decide but later in the week vou'll be a lot more assertive

り Capricorn Dec. 22-Jan. 20

If you are not 100 per cent sure that what a friend is proposing is in your best interests then give it a miss. You don't have to go along with their plans just to please them.

--- Aquarius Jan. 21-Feb. 18 You may have encountered op-

position on the work front from your employer or a senior colleague but today's Mercury-Venus link will help you win them round.

H Pisces Feb. 19-March 20

What you are faced with today is essentially a practical problem, so keep your emotions out of it. You have a good head on your shoulders. Use

Alberto

SALLY BROMPTON



You write it! Write a funny cap

tion for the image to the right and send it to plav@metronews.ca the winning caption will be published in tomorrow's Metro.





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DO YOU HAVE CHRONIC PAIN?



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CONDITIONS TREATED:

- Disc bulge or Herniation
- Spinal Stenosis
- Sciatici
- Neck Pain - Radiculopathy (pinched nerve)
- Carpal Tunnel Syndrome
- Osteoarthritis
- Fibromyalgia
- Degenerative disc disease
 - Scollosis



For many years, the Canadian Decompression and Pain Centers (CDPC) have been successfully treating chronic low back and neck pain using a uniquely developed treatment protocol called Neuro-Decompression. This revolutionary treatment procedure has consistently achieved great results at CDPC locations throughout Canada. Results are usually long lasting. Referrals come from surgeons, medical doctors, and other health care professionals across the country, but referral is not required (you can contact us directly). Neuro-Decompression is a three-phased system that was developed by CDPC doctors.

How Does It Work?

The three phases at CDPC include Neuro-Decompression, Oxygen Enhancement and a unique Neuro-Nutrition phase. The full procedure is performed simultaneously during a patient's treatment.

The three phases combined create a unique treatment procedure offered only at the Canadian Decompression and Pain Centers. All three stages are integral to the system to ensure that the patient's recovery is quick, successful and long term. Many patients feel immediate relief from pain, but the goal of the treatment program is to eliminate pain long term, not temporarily, and to restore and improve the patient's quality of life.

What Are People Saying About the Treatment?

I read the ad in the paper – I thought this would be fantastic! I am completely off all medication and feel like a 20 year old. Thank you for giving me my quality of life back! The staff are the friendliest, nicest, most compassionate people! I have ever met in a clinical environment!

- Denise B., Calgary

I have had a lot of problems with my lower back and with my sciatic nerve...I heard about CDPC and made an appointment... I progressed from severe pain to very little pain over the treatment program! I would recommend this treatment to anyone having lower back problems.

- Kenneth R., Edmonton

When I first came to CDPC I couldn't walk. I had not been to work for many months. After about 4 treatments I could feel it working...it's the best money I've ever spent. I got my life back without pain, it's worth it. Just do it. It works.

- Russ C., Calgary

I came into the clinic with pain from 2 bulging discs. After the first few treatments, I could feel a significant improvement. Now that I have finished all the treatments, I have very minimal discomfort and only on occasional days when I am not active physically. I can now sleep totally without pain, where as before I woke up several times a night. I have already recommended the CDPC to others. Thank You to everyone who has helped me here!

- Beth S., Calgary

[CDPC] has been very helpful determining the appropriate spinal decompression treatments in relation to my pain sites. I have experienced some pain relief after 23 treatments for my lumbar and cervical spine. The severe pain in the center of my neck has lessened considerably and I rarely experience numbness in my right hand upon awakening. My lower back no longer hurts when standing... Sleepless nights due to pain are rare. Thank you for you help.

- Kathy L., Calgary

I will be forever grateful...the pain was excruciating and debilitating...I used to tell my friends and family that if I could cut off my leg I would...And then a miracle happened. I made an appointment for a consultation. The rest is history!!!! I have not had a painkiller in weeks...I am actually looking forward to being able to dance again.

Rhona K., Calgary

You may qualify for a research study:

- -18 to 65 years old
- experience chronic neck and low back pain
- have tried at least 2 medications prescribed by your doctor to prevent pain

Certain patients will be seen by doctor and receive study care with costs partially or fully subsidized.





South Calgary - 1600 90th Ave - Unit A306 - 403.452.9977 North Calgary - 2675 36th St N.E. - Unit 515 - 403.452.5600

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For more information please visit: www.canadiandecompression.com

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Spend \$150, earn

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No coupon required. See offer details.



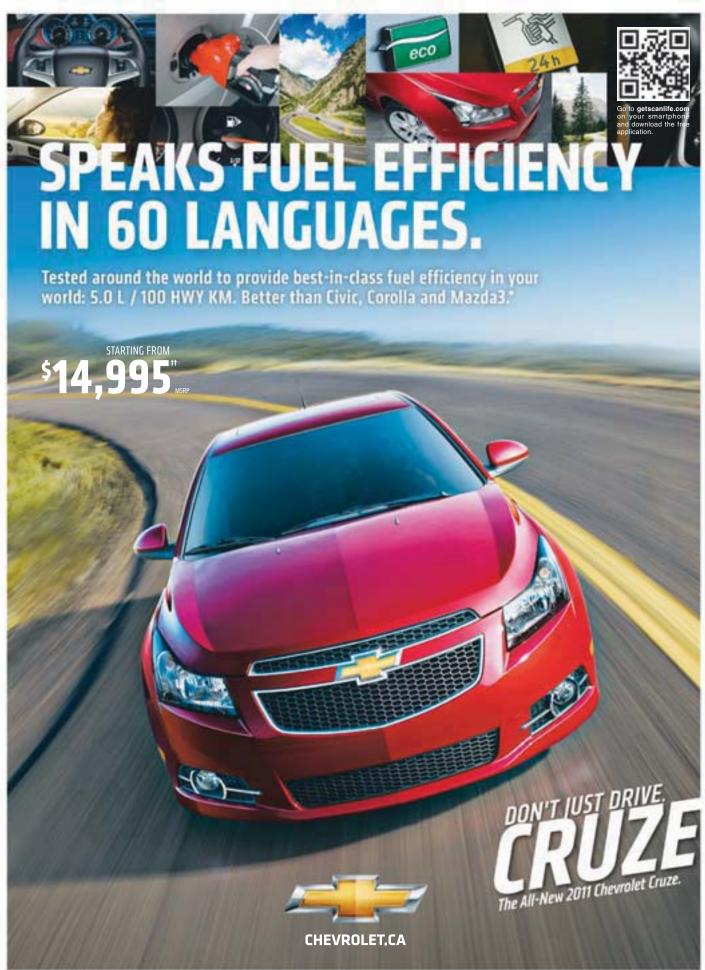
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From October 23, 2010 to October 29, 2010. See in-store for details. #50 Bonus AIR MILES reward miles valid with the purchase of any make/model flat panel TV sized 32" and up. Offer ends November 3, 2010. This 50 BONUS AIR MILES reward miles and standard AIR MILES reward miles have no cash surrender value. This Bonus offer cannot be applied against previous purchases. This offer cannot be combined with any other discount or offer. Valid at all Visions Electronics Store locations in Manitoba, Saskatchewan, Alberta, BC and on www.visions.ca. ##10ffer is valid until November 30, 2010 in Alberta and British Columbia locations when you present your Collector Card at time of purchase. The Children's Place reserves the right to change or cancel the offer at any time. Reward miles are earned for each qualifying purchase of \$150 or more net of refunds and exclusive of taxes, discounts and gift card purchases. Purchases made before August 30, 2010 do not qualify for the offer. No coupon required. *All Rewards offered are subject to the Terms and Conditions of the AIR MILES Reward Program, are subject to change and may be withdrawn without notice. Some restrictions apply. Quantities may be limited. See www.airmiles.ca for details. ***Offered are subject to the Terms and Londitions of the AIR MILES Rewards Program, are subject to change and may be withdrawn without notice. Some restrictions apply. Quantities may be limited. See www.airmiles.ca for details. ***Offered are subject to the Terms and Conditions of the AIR MILES Rewards Program, are subject to change and may be withdrawn without notice. Some restrictions apply. Quantities may be limited. See www.airmiles.ca for details. ***Offered are subject to the Terms and Conditions of the AIR MILES Rewards Program, are subject to change and may be withdrawn without notice. Some restrictions apply. Quantities may be limited. See www.airmiles.ca for details. ***Offered are subject to the Terms and Conditions of the AIR MILES Rewards Program. As a subject to the Terms and Cond



*Fuel consumption ratings for 2011 Cruze ECO with 6-speed manual transmission based on preliminary GM testing in accordance with approved Transport Canada test methods. Competitive data based on Natural Resources Canada's 2010 Fuel Consumption Guide and WardsAuto.com 2010 Upper Small september Nour actual funds may vary. Exclusionable which and to see the consumption of the Small Price for base model. Freight, licence, insurance, registration, fees associated with filing at moveable property registry/PPSA administration consumptions. Such actual prices (Small Price for Small Price for base model. Freight, licence, insurance, registration, fees associated with filing at moveable property registry/PPSA administration consumption.

